



Louisiana women's health week observances

- May 9 Statewide Distribution of Awareness Packets and Governor's Proclamation
- May 10 National Check –Up Day
(New Orleans East Health and Enrollment Fair
EXCELth Family Health Center - 9900 Lake Forest Blvd.
9:00am - 4:00pm (For more information call 504-240-2273)
- May 11 Lupus Awareness Education Forum
(Point Coupee Parish health Unit-2:00-4:00PM)
- May 12 LA Cover the Uninsured Week
Health Screenings
(St John the Baptist Community Center-New
New Orleans-3:00pm – 7:00pm)
- May 13 Tulane/Xavier Center of
Excellence-Lunch and Learn
- May 14 American Stroke Association-
Stroke Awareness Conference
(Radisson Hotel New Orleans-8:00am-5:00pm)
LA Tobacco control interfaith Project
- May 15 Sisters Reaching Sisters Luncheon
(Tower of Strength Outreach Center–
Baton Rouge-12 Noon)

More information, please contact Trina Evans Williams, Louisiana Women's Health Liaison at 504-568-6636 or tevans@dhh.la.gov.



HIGHLIGHTS ARE Preventative Screenings and Check-Ups Offered Nationwide

DHH-OPH URGES LOUISIANA WOMEN TO TAKE A DAY FOR THEIR HEALTH

- Heart disease, cancer, stroke and other leading causes of death among women can be prevented or successfully treated if caught early.
- On Monday, May 10, more than 700 community centers, hospitals, and other health care providers will offer preventive health care screenings and other services as part of the Department of Health and Human Services' (HHS) Office on Women's Health second annual National Women's Check-Up Day.
- During National Women's Check-Up Day, women should discuss with their health care professionals which of the tests are right for them, when they should have them, and how often. Women can start by inquiring about the following screening tests and guidelines:
 - Mammograms every one to two years starting at age 40
 - Pap smears every one to three years if sexually active or older than 21
 - Cholesterol checks regularly, starting at age 45 (If a smoker, diabetic, or if heart disease runs in the family, cholesterol checks should start at age 20)
 - Diabetes tests if diagnosed with high blood pressure or high cholesterol
 - Blood pressure checked at least every two years
- Maintaining regular check ups is one of five health habits that can contribute to the betterment of women's health along with being physically active, adopting a healthy diet, not smoking, and following general safety rules.

About National Women's Health Week:

National Women's Health Week is a national effort by an alliance of government organizations to raise awareness about manageable steps women can take to improve their health. The annual focus is on the importance of incorporating simple preventive and positive health behaviors into everyday life.

More information on Louisiana Observances of National Women's Health Week and National Women's Check-Up Day including health brochures, statistics, prevention tips and lists of events, please contact the Louisiana Women's Health Liaison, Trina Evans Williams at 504-568-6636 or at tevans@dhh.la.gov or visit the National Office on Women's Health Website at <http://www.4woman.gov/whw/2004/> or by calling 800-994-WOMAN or TDD 888-220-5466.



Louisiana Women's Health Week Distribution List

200 Women's Health Packets Sent out

- 40-OPH Regional Team Meeting-(Regional Administrators, Medical Directors and Nurse managers)
- 20-Lupus Awareness and Education Symposium
- 75-Cover the Uninsured Week Health Screening and Health Fairs
- 25-Region II-Doris Brown
- 40-Interfaith Symposium

700 Women's Health Week Rulers Distributed

250 Women's Health 2004 DayBook

- **Sent to all women in the Central OPH Building**

300 Prevention Guides Distributed

10 National Women's Health Week Posters

2000 *All Women's Health Pocket Planners

Distributed to all 9 Regions of the state of Louisiana

*Additional 300 Pocket Planners Distributed at
LPHA Nurses Luncheon

Approximately 4000 OWH materials were distributed in 2004 thus far (written by: Trina Evans Williams, Louisiana Women's Health Liaison)